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INFORMATION,  
PREVENTION AND  
TREATMENT REFERRALS, AND  
OTHER RESOURCES ARE  
AVAILABLE 24 HOURS A DAY  
FROM THE MASSACHUSETTS  
SUBSTANCE ABUSE  
INFORMATION AND  
EDUCATION HELPLINE/  
THE MEDICAL FOUNDATION.

800-327-5050  
(TOLL-FREE; MULTI-LINGUAL)  
TTY: 617-536-5872  
WWW.HELPLINE-ONLINE.COM

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ADDITIONAL INFORMATION  
AND STATISTICS ARE  
AVAILABLE FROM:

- Massachusetts Youth Health Survey, October 2002  
[www.state.ma.us/dph/bsas](http://www.state.ma.us/dph/bsas)
- Massachusetts Youth Risk Behavior Survey  
[www.doe.mass.edu/hssss/yrbs/01/results.pdf](http://www.doe.mass.edu/hssss/yrbs/01/results.pdf)
- National Center on Addiction and Substance Abuse at Columbia University  
[www.casacolumbia.org](http://www.casacolumbia.org)
- Monitoring the Future, Overview of Key Findings 2002  
[www.monitoringthefuture.org](http://www.monitoringthefuture.org)
- Office of National Drug Control Policy  
[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)
- Parents. The Anti Drug  
[www.theantidrug.com](http://www.theantidrug.com)
- Partnership for a Drug-Free America  
[www.drugfreeamerica.org](http://www.drugfreeamerica.org)
- U. S. Department of Health and Human Services  
[www.health.org](http://www.health.org)

*Be the first to* **TALK WITH YOUR PRE-TEEN**  
*about ALCOHOL, TOBACCO, and other DRUGS*

**INFORMATION FOR FAMILIES**

▼  
**TOBACCO**

► **WHAT IS IT?**

- Cut up leaves of cultivated tobacco plant
- Can be smoked in cigarettes, cigars, bidis (flavored cigarette), or pipes or chewed (smokeless tobacco)
- Also called butts, spit, chew, dip

► **STATISTICS**

- 20% of Massachusetts students smoke their first whole cigarette before age 13. Children who first smoke before age 13 are much more likely to smoke in high school and are twice as likely to have tried quitting at least once.
- Tobacco use is the leading preventable cause of death in the US—one of every five deaths in the US is caused by tobacco use.

► **RISKS**

- Addiction—the earlier young people begin to smoke, the more likely they are to become addicted to tobacco. Within days of starting to smoke, young smokers show signs of addiction.
- Lung disease, heart disease, stroke, asthma
- Cancer (cigarettes contain more than 43 cancer-causing chemicals)
- Reduced physical activity performance

► **WHAT TO LOOK FOR**

- Cigarettes, matches, lighters
- Smell of smoke on clothing, hair
- Tobacco rolled in leaves, available in flavors (“bidis”)

CLICK  
HERE  
FOR

**SOURCES  
OF  
STATISTICS**